



Girls on the Run® of Gaston County Spring 2010 Registration Form



Registration will open January 11th at 8 AM and will close January 21st at 3 PM OR once a site is full. The limit for each team is 15 girls. Spring Season begins the week of February 8th and concludes with the New Balance Girls on the Run 5K in Charlotte, NC on May 8th.

**Registration is on a first-come, first-served basis. To be placed on a waiting list call 704-862-5341.

There are two ways to register:

- 1) Complete and return form and payment or scholarship form* to your child's school office.
- 2) Complete and mail form and payment or scholarship form* to: *GOTR of Gaston County, 991 W. Hudson Blvd., Gastonia, NC 28052*

Program Fee: \$150 per participant* Method of Payment: check cash money order scholarship

* Please make checks and money orders payable to **Gaston County Health Department**

Program fee includes:

- 12-weeks of curriculum based lessons
- Lesson materials and healthy snacks
- Program t-shirt and water bottle
- Trained GOTR coaches
- Practice 5K and GOTR 5K registrations/t-shirts

* To apply for a scholarship:

- 1) Complete this GOTR program registration form and
- 2) Complete a scholarship application (Applications are available at your child's school office or can be downloaded from our website: www.gotrgaston.org)

Full and partial scholarships are based on a sliding scale according to total annual household income.

REGISTRATION INFORMATION:

Child's Name: _____ Child's Birth Date: _____

T-Shirt Size: **YM YL AS AM AL AXL** School: _____

Grade: _____ Age: _____ Race: _____ Homeroom Teacher: _____

Parent/Guardian Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: home _____ cell _____ work _____

Parent/Guardian Consent Form

My child has permission to participate in Girls on the Run. The purpose of the program is to increase your daughter's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to her as she enters middle school/adolescence. I understand that during this program my daughter will be involved in outdoor physical activities. Physical reactions to exercise may include heat related illnesses, abnormal heartbeats and blood pressure and, in rare instances events such as heart attacks. Serious health risks are rare. While GOTR takes all reasonable precautions, we can make no guarantees regarding these risks. I agree not to hold Girls on the Run International or Girls on the Run of Gaston County liable for any injury or damages due to participation in the Girls on the Run program.

I also give permission for any photograph, videotape, film audiotape or writing of said participant, obtained during normal after-school activities and races to be used in informational and promotional materials for Girls on the Run of Gaston County.

By registering for GOTR of Gaston County I understand that my daughter is committing to attend all or most of the meetings and participate in two races. Program fee is non-refundable after February 5th.

I have read this form and understand there are inherent risks associated with physical activity. To the best of my knowledge there are no contradictions to my daughter's participation for the Girls on the Run program. By my signature below, I give permission for my daughter to participate in this program.

Parent/Guardian Signature: _____ Date: _____